

**Packing List for a guided Kayaking & Wilderness Camp Tour on Vancouver Island with Grey Wolf Expeditions, [www.kayakvancouverisland.com](http://www.kayakvancouverisland.com), ph 1.250.337.5717**

**What to Pack for Wearing on the Water**

**On Warm Days**

Cap, or Sun Hat  
Sunglasses (w/strap) & Sunscreen (Lip Balm w/spf)  
T-Shirt & shorts or paddle jacket  
Water Shoes: Sandals w/heel strap or sneakers  
Water Bottle  
Sunscreen

If you are sensitive to the sun, you might consider wearing pants and a long-sleeve shirt made from a lightweight, quick-drying material.

**On Cooler Days Add a Second Layer**

Polypropylene long johns (no cotton) —tops and bottoms (light to mid-weight)  
Good quality wind/rainproof shell (tops & bottoms)  
Neoprene booties or neoprene socks (available at most sporting goods stores).  
Warm hat

We recommend that you have good quality rain gear for inclement conditions. Dressing in layers allows easy adjustment to changing conditions.

**What to Pack for Camping**

- o T-Shirt and Shorts
- o Long sleeve shirt
- o Long pants
- o Sweatshirt or fleece top
- o Warm jacket (your wind/rain shell works when include with warm liners/garments)
- o Warm socks
- o Warm hat & gloves
- o Long Underwear
- o Sneakers or light hikers (light hiking boots are fine for hiking)
- o Small Towel & Toiletries
- o Insect Repellent
- o Flashlight or headlamp
- o boots for after kayaking
- o water shoes

It is wise to assume that every article of clothing you wear on the water might be wet by the time you reach camp in the afternoon. You should be prepared to change into a completely dry set of clothes when we reach camp (including socks & shoes).

**Cold Weather Clothing Suggestions**

**Check the weather before your trip!**

- o Footwear. On colder trips we recommend having sandals or booties. Booties have built in sole.
- o Warm hat (wool or fleece)
- o Good quality rain top and pants. Fabrics that are waterproof and breathable work best.
- o Extra polypropylene or fleece tops and bottoms (non-cotton). Wear these in layers under your rain gear or our splash gear.

### **Optional Items to Pack for your Trip**

- o Sun screen
- o Quality warm clothes including jacket
- o fleece sweaters are the best
- o Quality rain gear
- o Swim suits and towels
- o Camera or video
- o Insect repellent
- o Water bottle
- o Extra Flash light or headlamp
- o Environmentally friendly shampoos and soaps
- o extra changes of non-cotton clothes
- o Your Medication plus spare

### **What Grey Wolf Expeditions will Provide**

- o All meals from lunch the first day to lunch on the last
- o Healthy snacks are always available
- o All group camp gear including tarps, cook ware, utensils
- o Sleeping bags and pads
- o Quality tents
- o Transport to launching site (ferry cost)
- o Professional naturalist guides
- o High quality sea kayaks, doubles and singles
- o All kayak and safety equipment
- o Dry bags for personal gear protection

### **Our general Clothing advise**

**Cotton = Cold and uncomfortable Outdoor Traveler!**

**Wear synthetic cloth. They don't need to be washed as often, and will dry in minutes not hours. Polyester is great, it feels like cotton, is breathable and easy to find. Nylon is great for pants instead of jeans, won't wrinkle and aren't bulky. Fleece is great for warmer outer layers or long/short underwear . It's best to wear multiple layers. It's easy to take off a layer to stay cool and add layers to stay warm.**

**Remember traveling light isn't just about weight, its about space saved, convenience and freeing yourself from frustration.**

### **Recommendations for Kids**

A pair of water shoes or water sandals (designed for water sports) that wrap around the toes and provide extra protection for the feet. Avoid slip-on water socks and crocs. Hydrosilk or rashguard tops. These fabrics are warm and comfortable when wet, help avoid chaffing from the life jacket and are "cool".

Hat & sunglasses with a strap. Kids can tire easily in the sun and protecting the eyes and face helps avoid over-exposure. Since kids often lose or break sunglasses, two inexpensive pairs are recommended.

Games. While there are plenty of activities for kids on our trips, we recommend bringing diversions that your kids or family can enjoy. Card games, compact board games, books, paints and other activities can provide occasional evening entertainment. Our game bags usually include cards, paints and other games. We highly discourage electronic games and gadgets as they can be easily damaged and run counter to the wilderness experience.

Bring plenty of sunscreen for kids and encourage them to drink lots of water. On colder trips make sure that the kids have neoprene footwear, a warm and waterproof hat and plenty of polyester/fleece tops and bottoms for layering.

**Where to Purchase Items on the Packing List**

Items listed in the packing list and other useful “kayaking gear” such as fleece and polypropylene tops and bottoms can be purchased at most local sporting goods stores. Neoprene socks and gloves are also available at sporting good stores and dive shops. Don’t hesitate to call us if you have any questions.